





Kavod Senior Living at Cherry Creek

Activity Calendar — MAY 2026







Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Location Guide:</p> <p>GR—Gathering Rm (1st floor West) SH—Shul (2nd floor East) SHC—Shul Classroom (2nd floor East)</p> <p>HWC-Health Wellness Center (West, top floor) - Pikes Peak- PP - Mt. Blue Sky-MBS</p> <p>Bridge—3rd Floor Bridge</p>	<p>Color Guide:</p> <p>Blue = Life Enrichment classes Green = Life Enrichment Trips Purple = Health & Wellness classes Black = Religious or Other</p>				<p>1 9:00 Breakfast with CU's Dementia Roadmap Team—PP 10:00 Gentle Yoga—PP 11:00 Mindfulness Fiber Arts—MBS 11:30 Life Enrichment "What's Happening at Kavod" Lunch—SHC 12:30 Legacy Strength Training for Seniors—PP 1:00 Book Club—MBS 1:00 Ice Cream Cafe -East Lobby 6:00 Soulful Service with Rabbi Steve—SH</p>	<p>2</p>
<p>3 12:45 Piano Concert: A Musical Afternoon with Siwon & Harrison—DR</p> <p>3:00 Painting & Wine with Polly—Pikes Peak</p>	<p>4 10:30 Bingo—Pikes Peak 11:00 Conversations on the Edge—SHC 1:00 Readers Theatre—Pikes Peak 2:30 DPL Bookmobile—GR</p>	<p>5 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club—Bridge 10:00 Boxing for Seniors—Pikes Peak *11:45 JFS Food Bank & Pantry—trip 1:00 Opening Minds through Art—Pikes Peak 2:30 Mindfulness Practice Group—MBS 4:45 Authentic Relationship Group—Pikes Peak 5:15 Ballet Folklorico for Cinco de Mayo—DR</p>	<p>6 10:00 English Language Practice—MBS 10:00 DBT Skills Group with Benjamin—Pikes Peak 11:30 Good Vibes with Rick & Coffee in the Bistro 12:00 Gentle Yoga—MBS 1:00 Mahjong Players—Bridge 3:30 CAPABLE Chat—East Lobby 4:30 Tech Help with Lauren—Bridge 6:00 *Special Celebration Mother's Day "Ladies Night Out Happy Hour & DJ"—Pikes Peak/ MBS</p>	<p>7 *9:30 King Soopers—trip 10:00 Relaxation Hour—PP 11:00 Boxing for Seniors—Pikes Peak 1:00 Current Events—MBS 2:00 Garden Club ONLY—trip 2:30 Mindfulness Practice—MBS 4:30 Piano Music by Tory—DR</p>	<p>8 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe -East Lobby 2:00 Garden Club ONLY—trip 2:00 Ceramics & Nature—Pikes Peak</p>	<p>9 10:00 Shabbat Services with Dr. Seth Ward "Double Portion"—SH</p>
<p>10 10:00 Non-Denominational Christian Services with Rev. Dale — Pikes Peak 12:45 Mother's Day Concert with the Barbershop Quartet —DR</p> 	<p>11 10:30 Bingo—Pikes Peak 1:00 Readers Theatre—Pikes Peak 3:00 Writing Class about Life—Mt. Blue Sky 6:00 SouLFULL Necklace Workshop —SHC</p>	<p>12 9:00 Tai Chi—Pikes Peak 10:00 Bridge Players Club—Bridge 10:00 SNAP Enrollment—East Lobby 10:00 Boxing for Seniors—Pikes Peak 11:30 Res Council Annual Dog Show—Outside East Bldg *11:45 JFS Food Bank & Pantry—trip 1:00 Opening Minds through Art—Pikes Peak 2:00 Wise Aging through Jewish Mindfulness—SHC</p>	<p>13 10:00 Low Vision Support Group—GR 10:00 English Language Practice—MBS 10:00 DBT Skills Group with Benjamin—Pikes Peak *11:00 Social Affair at Ms. Marji's with the Red Hats—trip 12:00 Gentle Yoga—MBS 1:00 Herbalism Series—Pikes Peak 1:00 Mahjong Players—Bridge 4:30 Tech Help with Lauren—Bridge</p>	<p>14 10:00 Uniguest Learning Session with Ming—Bridge 10:00 Relaxation Hour—PP 11:00 Boxing for Seniors—Pikes Peak 1:00 Current Events—MBS 2:00 Garden Club ONLY—trip 2:30 Mindfulness Practice—MBS 6:00 Resin Arts Class with April—Pikes Peak</p>	<p>15 10:00 Gentle Yoga—Pikes Peak 11:00 Mindfulness Fiber Arts—MBS 12:30 Legacy Strength Training for Seniors—Pikes Peak 1:00 Book Club—MBS 1:00 Ice Cream Cafe East Lobby 2:00 Garden Club ONLY—trip 6:00 Musical Shabbat Service with Rabbi Kim—SH</p>	<p>16</p> 

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>17 10:00 Non-Denominational Christian Services with Rev. Dale & Steve Miller on piano—Pikes Peak</p>  <p>12:45 Birthday Celebration & Concert with the Spratt Band— DR</p> <p>2:00 Fix-it Day</p>	<p>18 No Bingo today</p> <p>11:15 Life Enrichment BBQ & Summer Concert—West Building Top Deck/Pikes Peak</p> <p>1:00 Readers Theatre—Pikes Peak</p> <p>3:00 Writing Class about Life—Mt. Blue Sky</p>	<p>19 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>*11:45 JFS Food Bank & Pantry—trip</p> <p>1:00 Opening Minds through Art—Pikes Peak</p> <p>2:00 Wise Aging through Jewish Mindfulness—SHC</p>	<p>20 10:00 English Language Practice-MBS</p> <p>10:00 DBT Skills Group with Benjamin—Pikes Peak</p> <p>11:00 Sacred Grounds with Rabbi Steve—Bistro</p> <p>11:00 "Safety for Seniors" by the VOA—SHC</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Active Minds "Thailand"—Pikes Peak</p> <p>1:00 Mahjong Players—Bridge</p> <p>4:30 Tech Help with Lauren—Bridge</p>	<p>21 *9:30 Super Walmart—trip</p> <p>10:00 Relaxation Hour—PP</p> <p>11:00 Boxing for Seniors-Pikes Peak</p> <p>11:00 Yappy Hour Dog Social with Ming—East Lawn</p> <p>1:00 Resident Council-Pikes Peak</p> <p>2:30 Mindfulness Practice—MBS</p> <p>4:30 Piano Music by Tory—DR</p> <p>Shavuot begins at Sundown</p>	<p>22</p> <p>Closed all day for Shavuot</p> 	<p>23 10:00 Shavuot & Yizkor Service with Dr. Seth Ward—SHC</p>
<p>24 10:00 Non-Denominational Christian Services (Pentecost) with Rev. Dale & Steve Miller on piano—Pikes Peak</p> <p>1:30 Tech Help with Claire—Bridge</p>	<p>25</p> <p>Closed all day for Memorial Day</p> 	<p>26 9:00 Tai Chi—Pikes Peak</p> <p>*9:30 King Soopers—trip</p> <p>10:00 Boxing for Seniors-Pikes Peak</p> <p>12:00 Jazz Café & Coffee Hour—Bistro</p> <p>1:00 Opening Minds through Art—Pikes Peak</p>	<p>27 10:00 English Language Practice—MBS</p> <p>10:00 DBT Skills Group with Benjamin—Pikes Peak</p> <p>12:00 Gentle Yoga—MBS</p> <p>1:00 Mahjong Players—Bridge</p> <p>4:30 Tech Help with Lauren—Bridge</p> <p>*6:00 Lamont Symphony Orchestra—Trip</p>	<p>28 *9:00 Mountain Casino—trip</p> <p>10:00 Relaxation Hour—PP</p> <p>11:00 Boxing for Seniors-Pikes Peak</p> <p>1:00 Current Events—MBS</p> <p>2:30 Mindfulness Practice—MBS</p>	<p>29 10:00 Gentle Yoga—PP</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:30 Legacy Strength Training for Seniors—Pikes Peak</p> <p>1:00 Book Club—MBS</p> <p>1:00 Ice Cream Café—East Lobby</p> <p>2:00 Ceramics & Nature—Pikes Peak</p> <p>6:00 Resident Led Shabbat Service —SH</p>	<p>30</p>
<p>31 10:00 Non-Denominational Christian Services and Communion with Rev. Dale — Pikes Peak</p> <p>2:00 Claire's Jewelry Making —Shul Classroom</p>						 <p>PREVIOUS PAGE</p>

May 2026

Connie's CORNER



Hi everyone,

We have lots of fun activities, trips, classes and events this month so be sure to read the Voice from cover to cover!

Join us for the "Life Enrichment Lunch & What's Happening at Kavod" on Friday, May 1st at 11:30 am in the Shul Classroom.

We will have a variety of sandwiches, chips and drinks to enjoy during the meeting.

I would like to remind everyone to **sign-in on the attendance sheets at every class, event and activity that you attend.** If you don't sign-in there's no way to know if the class, event or activity is well attended and **could get cancelled in the future!**

Stay in the know! Be sure to log-in to **Uniguest/formerly Touchtown** for a daily calendar, menus, and much more! See instructions inside the Voice.

Connie Moore
Director of Life Enrichment
720.382.7813
cmoore@kavodseniorlife.org



Spotlight

**THE POWER OF PRESENCE:
Why Signing In Matters in
Senior Living**

For many residents in senior living communities, a sign-in sheet or a digital check-in kiosk might feel like just another administrative hoop. However, these small actions are actually the cornerstone of a **proactive, personalized, and safe** community environment.

Far from being a "roll call," attendance tracking is a vital tool that directly impacts resident health and the quality of life within the community.

Personalized Programming

Communities don't want to host activities that no one enjoys. When residents sign in, **they are effectively "voting" for the types of events they want to see on the calendar.**

- **Data-Driven Calendars:** By analyzing which programs have high attendance, life enrichment teams can optimize programming to include more of what residents actually love, whether it's intellectual lectures, high-energy fitness or quiet creative arts.
- **Interests over Stereotypes:** Tracking helps staff move beyond "senior stereotypes" and tailor activities to the specific, evolving interests of the current resident population.

Be sure to sign-in on the attendance sheets for every class and event, make your vote count!

From Chaplaincy and Spiritual Services

MAY RELIGIOUS SERVICES WITH KEHILLAT KAVOD

NOTE: EACH SHABBAT SERVICE UNTIL SHAVUOT WILL INCLUDE LEARNING ONE MISHNAH/TEACHING FROM PIRKEI AVOT/WISDOM OF THE ANCESTORS... as is customary for this season!



Shavuot begins at Sundown on Thursday, May 21

**SHAVUOT & YIZKOR SERVICE:
Saturday, May 23
10 am with Dr. Seth Ward**

Mindfulness Practice & Special Tuesday Series

Mindfulness Practice is offered every Tuesday and Thursday.

Regular Thursday Series (Mt Blue Sky)

2:30 pm on May 7, 14, 21 and 28

***Beginning Tuesday, May 12**, we have a special series called **Wise Aging Through Jewish Mindfulness** with longer sessions starting at 2 pm:

***Wise Aging Through Jewish Mindfulness Tuesdays, May 12 & 19
2 pm - 3:15 pm - Shul Classroom**

All are welcome to this special **six part series**. (You don't have to be Jewish or have meditation experience.)

From The Institute for Jewish Spirituality (IJS), based on *Wise Aging*, the now-classic book by Rabbi Rachel Cowan and Linda Thal, we'll explore how meditation and mindfulness can help us meet physical and emotional challenges, learn to grow in acceptance of ourselves and others, deepen our friendships and familial relationships, live with greater joy, gratitude, and resilience, and shape a legacy for the future.

(Continued next page)

*Wise Aging Through Jewish Mindfulness

(Continued)

Facilitated locally by Rabbi Steve, we will watch video presentations from IJS and engage in our own conversations, journaling, sharing and practice. *Optional homework in the book Wise Aging that Kavod will provide.*

- **Learn** tools and practices for exploring – and celebrating – the latter stage of our lives.
- **Connect** deeply with others on the same trajectory.
- **Nurture** your capacity to counter the “declinist” view of aging – the ageism that pervades society and which we too often internalize.
- **Cultivate** equanimity about the aging process.
- **Clarify** your understanding of your essential, most authentic self.
- **Develop** your capacity simply to be, rather than to seek meaning only in productivity and accomplishment.
- **Identify** those aspects of your life and identity which no longer serve you
- **Strengthen** your ability to release these to the past.
- **Celebrate and Share** the wisdom which you have developed over a lifetime.

All levels welcome, BUT LET RABBI STEVE KNOW IF YOU ARE COMING AND WOULD LIKE A FREE COPY OF THE BOOK!

Contact Rabbi Steve with any questions:

720 382-7836, or sbnadav@kavodseniorlife.org



Kehillat Kavod: Kavod's Jewish Community

Services are held at 6 pm in the Shul, East Building, on the 2nd floor.

FRIDAY NIGHTS - KABBALAT SHABBAT

**Fridays, May 1, 15 & 29
6 pm - Shul**

SHABBAT MORNING SERVICES

**Saturday, May 9
10 am - Shul**

Shabbat Services with Dr. Seth Ward

**Saturday, May 23
10 am - Shul**

Shavuot & Yizkor Service with Dr. Seth Ward



Join with Rev. Dale Lee and our welcoming non-denominational **Christian faith community** for a wonderful uplifting service and connecting community within our larger community.

- No Service first Sunday
- All other Sundays at 10 am in Pikes Peak

LEADERSHIP CORNER



Michael Klein
President & CEO



Kara Harvey
Chief Operating Officer

Dear residents,

Kara and I have some updates for you, as we do every month in the Voice. Our goal is to keep you informed about important happenings around our campus.

- We are pleased to share that we completely modernized both South elevators. We realize how important it is to have these elevators working, so we invested a significant amount of money to upgrade them. The elevators have not had a complete overhaul in many years.
- We replaced the West building generator. With winter storms, tornados, and possible energy interruptions, we wanted to make sure we had a strong backup system in case of a crisis.
- We are grateful to our wonderful maintenance department for coordinating both of these complicated projects (the elevator upgrade and the generator replacement).

- By the time of this publication, we will have started repairing the West building landings.
 - The garden areas will be blocked off during the repairs to ensure debris does not cause any injuries.
 - The project will continue into the fall months. Regroup messages will be sent to you with pertinent updates.
- We are just starting enrollment in our CAPABLE program. We have 35 openings for this grant-based funding project, which will help support participants to age well in their apartments with support from a nurse (RN), occupational therapist and a handyman. Mandie and her team can share more information about this proactive program, developed at Johns Hopkins University. We encourage you to learn more!
- At the time of this writing, we are waiting to learn more about President Trump's proposal for HUD funding in October. If needed, we may ask your help to advocate for funding by reaching out to our elected officials. We will keep you posted.

Be well,

Michael Klein & Kara Harvey



KAVOD RESIDENT COUNCIL
SERVING OUR COMMUNITY

RESIDENT COUNCIL CONNECTIONS

April flew right by. Our Bake Sale and Flea Mkt/Craft Fair was a Big Hit. Our residents are so talented. Pat yourselves on the back. The Bake sale was sold out!

May brings us to our Annual Dog Show. We're so excited for this event. It's going to be held outside of the east building again. Plus, we'll have a rain date reserved just in case. Get your fur babies ready for the spotlight. Great prizes and great fun.

IMPORTANT REMINDER. We are still emphasizing the safety of our residents. Please do **NOT** open lobby doors for visitors. **ALL** Caregivers and guests must use the vestibule phone (not their cell phone) and keypad. ALL caregivers and visitors must also use the kiosk for visitor stickers. Even if they come to Kavod every day. This is for your safety.

Residents – Remember to Scoop your Poop

May Events

Kavod 3rd Annual Dog Show

Tuesday May 12, 2026 ⌚ 11:30am – 1:00pm

📍 Outside of East Bldg

1st place will receive a \$35 PetSmart gift card, photo, ribbon & certificate. 2nd place will get a \$20 PetSmart gift card, photo, ribbon & certificate. 3rd place will get a \$10 gift card, photo, ribbon & certificate. Everyone goes home a winner.

***Rain Date Tuesday May 19, 2026**

Sign up for Dog Show on the Bridge large east side table. Sign up for as many categories as you'd like

Current Events Group

Thursday May 7, 14 & 28 ⌚ 1:00–2:00 PM

📍 Mt. Blue Sky

- Interesting bi-partisan discussions on local, state, national and international happenings. Our world is ever changing.

Next Resident Council Meeting 📅

Thursday May 21, 2026 ⌚ 1:00–2:00 PM

📍 Pikes Peak

Guest Speakers:

John Silva - DPD

EW Partners – Cherry Creek West Developers

Upcoming June Event

- Kavod's Annual School Supply Drive – Helping children in need

Enjoy your Memorial Day weekend. No matter what you do or who you do it with, **Honor our Fallen Soldiers** 🇺🇸

Executive Board – Council Co-Chairs Board & Program / Planning Committee

*Karen Wollman apt. 805E #918-815-2995

*Sandy Brodsky

*Linda Mason Gallagher

*Roz Brooks apt. 920E #303-726-8781

* Bob Lawrenson

*Beverly Bolden apt. 408E/Secretary

VOLUNTEERS ALWAYS WELCOME AND NEEDED

✉ kavodresidentcouncil@gmail.com

📞 Questions or suggestions welcome!

Life Enrichment

The Volunteer Connection



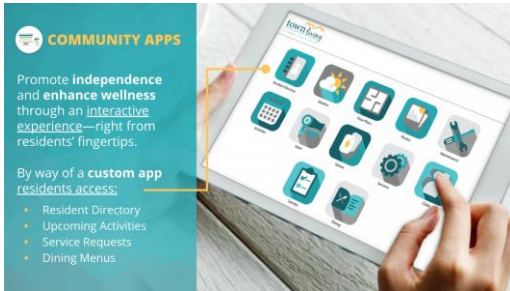
Megan Dearman

Volunteer Engagement Coordinator

We are so excited to welcome back a very special volunteer this month! Siwon will be joining us in the main dining room to play the piano with his friend Harrison on Sunday, May 3rd at 12:45. Many of you may recognize Siwon's name from the beautiful Valentine's Day cards he made for our community. Each card was lovingly handcrafted, complete with an origami creation and even a photo of his dog! It truly meant so much to all of us, and we are excited that he wants to come back and share his musical talents with us.

I'd like to clear up a small mix-up about Fix-It Day. Don't worry, it's still happening on May 17! We are grateful to our wonderful volunteers from Temple Sinai Denver, who will be here to lend a helping hand with various projects around the community. Thank you to everyone who has already turned in their requests.

If you have any questions, please don't hesitate to call me at 720-382-7849.



Life Enrichment is very excited to help you learn about the FREE



Community App!

Learn how to access daily information about our trips, classes, events, menus and much more! **Unigest (formerly Touchtown) is a FREE, innovative way to communicate, connect and stay engaged at Kavod!**

In case you are new, or haven't heard about Touchtown, contact us for all of the details.

Log in with the following:

USER NAME: 4575

PASSWORD: 4575

On your computer you can access Community Apps by going to **www.communityapps.com** and logging in with the same user name and password above. **Please direct all questions to Connie Moore at 720.382.7813**

TRIPS, CLASSES, AND EVENTS

Sign-ups, Cancellations and Refund Information

****Please arrive 15 minutes prior to departure time for every trip!**

Please note that all classes, activities and trips are open to all non-residents and the community; however, priority will be given to Kavod residents.

Non-Residents can request to be picked up at the JCC and can mail their payments to Kavod Senior Life, Attention: Connie, Life Enrichment, 22 S. Adams Street, Denver, CO 80209, **or pay with a credit card and go online at <https://www.kavodseniorlife.org/life-enrichment/>** to sign up and pay, click on Senior Living tab, Kavod Senior Living Events & Trips.

All trips must be paid by deposit or in full at the time you sign up at the front Reception window and must be paid in full by the deadline. Call Connie with questions.

Sign up and pay for trips at the East Office front Reception window. You can also pay with a credit card online at <https://www.kavodseniorlife.org/life-enrichment>

The Activity sign-up sheet inserted in the *Voice* is to help you track and remember what trips you have signed up for. You can

fill it out and take it with you to the front office to pay for your trips.

Please pay close attention to the deadline dates. It is best to sign up and pay early to secure a reservation.

If you're unable to go on a trip, you must cancel by the deadline date to receive a refund. Exceptions must be approved by Life Enrichment Director. **There are NO refunds for concert, theatre or show tickets!**

Please note that payments can be made for all trips in installments to make them affordable for everyone. Amount of payments can be determined with Connie, to tailor for your own needs. All trips must be paid in full by the deadline.

For any questions or concerns, please contact Connie Moore at 720.382.7813 or email cmoore@kavodseniorlife.org

Please sign-in at all classes when you attend!

Upcoming Trips



Tuesdays, May 5, 12 & 19
11:45 am – Van Trip
JFS Food Bank & Pantry

Each month we take residents to Jewish Family Services to pick up their commodity boxes and shop at no cost in the JFS Food Pantry. ***Please bring your own bags.***

***Please remember, you can be refused service for not following the rules for rude behavior. The JFS volunteers should be treated with respect and kindness. This trip is a privilege and we are thankful for the opportunity for our residents to go there to receive commodity boxes and shop there in their food pantry.**

You can go to the East building front Reception window to pick up the application, fill it out and then **sign-up for ONE trip each month**. There is no cost for this trip. **At the request of JFS, we are limited to 6 residents for each trip.**

No cost, but you must fill out the application and sign up.

For questions call Connie at 720.382.7813.



****Attention Garden Club**
Members ONLY!

Garden Club Shopping trip

***May 7, 8, 14 or 15**
****Choose ONE date ONLY!***

2 pm - Van Trip

This trip is for residents who are members of the Garden Club only. You will be shopping for your plants for your garden plots. We will provide transportation and assistance to load and unload your plants. **Choose ONE date at 2 pm (see dates above).**

Costs are paid for by the Singer Family Foundation.

Contact Mandie at 720-382-7838 to sign up or for more information.



Social Affair at Ms. Marji's!

**Wednesday, May 13
11 am - Van Trip**

Join the **Rocky Mountain Red Hatters** for a day at a Ms. Marji's coffee house for some drinks and snacks! Ms. Marji's is a quaint little space with a beautiful patio to enjoy our treats. Red hats encouraged! Open to all, limited spaces.

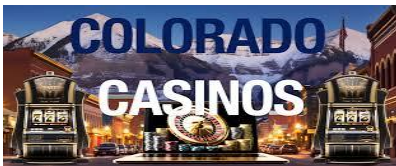
Drink and light snacks will provided by The Golden Age Foundation.

Residents responsible for \$5 Kavod van fee and will need to sign up at the front desk.

Bus leaves at 11 am and will return by 2 pm

Residents: \$5

Deadline: May 8



**Thursday, May 28_
9 am - Van Trip**

Colorado Mountain Casinos

Join us as we depart for the mountains for a **full DAY of fun!** We drop everyone off at the Lodge casino in Blackhawk. You are welcome to go to whatever casino you choose.

We will depart at 2 pm to return to Kavod.

Residents: \$8

Non-Residents: \$10

Deadline: May 20



Lamont Symphony Orchestra

**Wednesday, May 27
6 pm - Van Trip**

The Lamont Symphony Orchestra closes its season with a dynamic program showcasing the next generation of musical talent. Student conductors Ke-Yuan Hsin and Bryant Denmark lead Rossini's playful *Il signor Bruschino Overture* and Debussy's luminous *Clair de lune*. The winner of the Honors Solo Competition takes center stage in a featured concerto performance. Conductor Lawrence Golan concludes the evening with Brahms' radiant and pastoral *Symphony No. 2*.

Residents: \$8

Non-Residents: \$20

Deadline: May 20



TRIPS

Coming in JUNE 2026!



Kavod Senior Life Conference Transportation & Event Information

June 24 | Temple Emanuel
9:00 am – 3:00 pm

Keynote Speaker
Dr. Samantha Farro

Director of Behavioral Health and Integrated
Programs
University of Colorado School of Medicine,
Division of Geriatric Medicine

Breakout Sessions

Engaging and informative discussions on
topics relevant to older adults and caregivers

Resource Fair

Connect with helpful services, community
organizations, and vendors

Registration Information

Online registration opened in late April.
Paper registration forms available: May 1 (at
the front desk)

Conference fee: \$18 pay online or get paper
registration at front desk.

Transportation cost: \$5 pay at East Front
Desk Reception Window

Transportation

A Kavod van will be available for
transportation to and from the conference:

Departure: 8:45 AM

Return: 3:15 PM

Transportation Fee: \$5

Please notify the front desk in advance if you
need transportation.

Questions or Assistance

Contact Jackie at 720-382-7848 for questions
or help with registration.

Learn more at:

<https://kavodseniorlife.org/conference/>



**Friday, May 1
11:30 am – Shul Classroom**

“What’s Happening”

Life Enrichment Lunch & Learn

We will have a variety of sandwiches, chips and drinks to enjoy during the meeting.

Bring your monthly Voice & Calendar to follow along as we learn about all the trips, classes and events. **No cost or need to sign up, just drop in!**



**Tuesday, May 5
5:15 pm – Dining Room**

**Ballet Folklorico
for Cinco de Mayo**

Celebrate Cinco de Mayo in the main dining room with the talented Ballet Folklorico, performing traditional cultural dances from different parts of Mexico with colorful costumes and beautiful music.

Celebrating Moms



**Ladies Night Dance Party
Happy Hour, Food & DJ**

Wednesday, May 6

6 pm – Pikes Peak & Mt. Blue Sky

Mother’s Day is a heartfelt tradition where we pause to honor and appreciate the extraordinary women in our lives. At Kavod Senior Life, we love celebrating the women who enrich our community.

Join us for a fun night of a party buffet of hors d oeuvres, happy hour bar with wine, beer and non-alcoholic drinks.



Dance to the sounds of Hugo Lavarde, DJ extraordinaire, who will be in the house to play all your favorite tunes for dancing and singing along!

No cost or need to sign up, just drop in!



Sunday, May 10

12:45 pm – Dining Room

Mother's Day Celebration Concert

Happy Mother's Day! Join your friends and neighbors for a lovely hour of music by **The Barbershop Quartet**.



Mondays, May 11 & 18

3 pm – Mt. Blue Sky

Writing about Life

Sheila Witherington—a Kavod resident—is a career journalist, writer, editor, publisher, and researcher, who recently joined Kavod's Advisory Board. She believes everyone has a story to tell about life—whether it is a memory, a moment from daily life, or something suppressed. She is excited to help bring those stories to life on paper in a relaxed, supportive setting. She has taught many novices to write, and she edited the work of university academics as Technical Editor of the National Center on Adult Literacy in Philadelphia.

All materials provided. Learn that YOU CAN WRITE the painless way.

We will start with one page writing in any genre you choose, eventually share what we have written if we like, and have fun. The class is open to all residents, and translation into Russian and Farsi will be available. No experience needed—just bring yourself and expect to laugh, cry, and remember what was never said.



Thursday, May 14

10 am – 3rd floor bridge

Uniguest (formerly Touchtown) Learning Session with Ming

We're excited to tell you about a great way for you to stay connected to Kavod Senior Life.

With our free Community App, you can have the latest information about Kavod at your fingertips like:

- Upcoming classes and trips
- What's on the dinner menu
- Announcements
- Virtual Museums & Activities
- Photos

Bring your smartphones, laptops and tablets to this session for help downloading our Community App. ****Please note you may need your pin for iPhones to download apps.***



**Thursday, May 14
6 pm – Pikes Peak**

Resin Arts Class with April

Join April for a fun art class using resin to make UV alphabet and other beautiful keychains. Learn how to color and add other elements to the resin. All materials supplied, and everyone takes home a Resin keychain they made!



**Sunday, May 17
12:45 pm – Dining Room**

Birthday Celebration with The Spratt Band

Happy Birthday to everyone celebrating a birthday this month.

All birthday gifts will be delivered to those with birthdays. *If you don't receive your gift by the end of the month, call Dmitriy at 720.382.7821.*



Fix-it day!

**Sunday, May 17
2 pm – 4 pm
By Appointment Only**

- Volunteers will be here from the Temple Sinai to help with some small tasks in your apartment.
- The Fix-it-day form was distributed in April and everyone should already have turned it in, but please call Megan at 720.382.7849 with any questions.



**Life Enrichment
Summer BBQ & Concert
Monday, May 18
11:15 am - West Building, Top
Deck/Pikes Peak**

Enjoy a Summer BBQ and LIVE Concert on the Deck with Life Enrichment!

Price includes: ONE entrée of Sirloin burger, All Beef Hot Dog or Veggie Burger, Potato Salad, Chips and a Soda.

LIVE music by **MicroGrass** playing a blend of American and Bluegrass music with a dash of Cajun flavor for added fun!

Signup and pay at East Front Desk.

Residents: \$10

Non-Residents: \$15

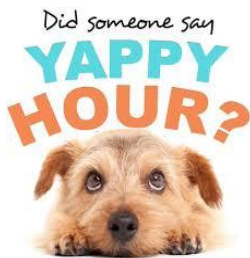
Deadline: May 15



**Wednesday, May 20
11 am - SHC**

Safety for Seniors by the VOA

Join us for a Safety for Seniors presentation focused on simple, practical tips to help you feel more confident in your day-to-day life. This relaxed and informative session will cover ways to stay safe at home, out and about, and on the road including; fall prevention, fire safety, and situational awareness. It's all about learning helpful strategies and feeling empowered to stay safe and independent. Led by expert volunteers through Volunteers of America's RSVP program.



**Thursday, May 21
11 am - East Lawn/by Smoke Hut
Yappy Hour Dog Social with Ming**

Dog parent, this one is for you! Bring your furry friend and come meet fellow pet owners right here at Kavod. It's a relaxed, fun meetup perfect for socializing —for both pups and their people. A wonderful way to connect and build community. *All dogs and humans welcome!* 🐾



**From left to right:
Top: Loretta Boyd, Karen Wollman
Bottom: Ken Shelton, Beverly Thompson**

Many thanks to Ming, Life Enrichment Coordinator, for coordinating the fun event and prizes!

Congratulations to the Winners of Kavod Bracket Bash! Many thanks to our generous sponsor Karyn and Cole Chotin (The Chotin Foundation)



Friday, May 1st

9am – HWC/Pikes Peak

Breakfast with CU's Dementia Roadmap Team

H&W Department Intern Update!

We have Yabesera, MSU Public Health Intern, beginning with us in late May. She will be interning with the H&W Department throughout the summer. She will be on-site on Tuesdays, Wednesdays and Thursdays. She looks forward to meeting everyone!

CAPABLE program

The CAPABLE (Community Aging in Place, Advancing Better Living for Elders) is a person-directed, home-based program that addresses both function and healthcare expenses. The program is FREE and currently available only this year! If you are chosen as a participant you can expect; six meetings with an Occupational Therapist, four meetings with a Registered Nurse and a Handyperson to make modifications in your home! Stop by the East lobby the 1st Wednesday of the month or **call #720.382.7838** to learn more about CAPABLE!

Monthly SNAP Enrollment and Information

Are you interested in receiving funds to support your monthly grocery bill?

What is SNAP? SNAP (Supplemental Nutrition Assistance Program) is the largest U.S. federal program helping low-income

individuals and families buy food. It aims to

improve nutrition and health by supplementing grocery budgets, with benefits calculated based on income, household size, and resources. Stop by the East lobby on the **2nd Tuesday of the month from 10am – 11am** to learn more about SNAP, check your status, and set up an appointment to apply or recertify! If you have any questions, **call 720.382.7855** to learn more and what to bring!

Access-a-Ride and Access-on-Demand Application Support

Are you having difficulty taking the bus, understanding stops, etc.?

Access- a-Ride provides local charter bus transportation in the Denver metro area for people with disabilities.

To qualify you must - Be unable to get to/from a bus stop, on/ off a lift-equipped bus on your own, or have a disability that prohibits you from riding the bus independently. ***If you are interested in applying - call for 720.382.7855!**

Mountain Balance Break

You may see Mountain Balance is missing from the calendars for Wednesdays. We are hoping to bring this **back in June at a new time and day**. If you have attended this class in the past but stopped – please let us know why and what would bring you back! Please call 720.382.7855 with your feedback!

Special H&W Offerings for May 2026

Friday, May 1st
9am – HWC/Pikes Peak
Breakfast with CU’s Dementia Roadmap Team

Wednesday, May 6th
330-5pm – East lobby
CAPABLE Chat

Are there goals you have that you have been unable to reach? Stop by our table outside the dining room to learn more about the CAPABLE program and how it can support you in your home! The program includes 6-OT appointments, 4- RN visits and home modification in your home to support you aging in place. No cost to you!

Wednesday, May 13th
1pm – HWC/Pikes Peak
Herbalism Series Workshop: *Pain management oil*

Come join herbalist, Jenna Gusto, as she guides you in developing your own tool to manage your pain. You will create an effective herbal pain management oil, using dried herbs known for anti-inflammatory and analgesic properties—such as Arnica, Comfrey, St. John’s Wort, Ginger, and Turmeric! Advance registration is required. Please sign up at the front desk!

Wednesday, May 13th
10am – Gathering Room
Low Vision Group: *Domino Service Dogs*

Join Lydia Van der Vorst, Kavod Care Coordinator and Low Vision instructor, is working on arranging a presentation with “Domino Service Dogs” for the May Low Vision group meeting! If you have ever been interested in the benefits of a service dog with low vision, we encourage you to join!

The Low Vision group is available to support you on your low vision journey with monthly presenters, opportunities to apply for in-home low vision support, processing your vision loss and more!

Wednesdays in May
10-11am – HWC/Pikes Peak
DBT Skills Group with Benjamin

Join our recent Naropa graduate, Benjamin, as he guides attendees to develop evidence-based skills to:

- Navigate and manage difficult emotions
- Build stronger, more supportive relationships
- Navigate and manage difficult emotions
- And more!

DBT Skill Groups are good for anyone at any age! We hope to see you there! Please call 720.382.7838 if interested in joining!